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INVESTIGATING THE INTERACTION BETWEEN THE BIG-FIVE AND DISPOSITIONAL COPING IN SPORT

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Introduction

It has been recommended (Allen, Greenlees, & Jones, 2011) that future research should consider how personality traits interact in determining specific types of sport related coping. Accordingly, this study aimed to explore what combinations of the Big-Five personality taxonomy are associated with sport-related coping.

Methods

Data was collected among four hundred UK athletes (male $n = 237$, female $n = 163$), aged between 18-48 years ($M_{age} = 22.97$ $SD = 7.0$). Participants completed the Big-Five Inventory (BFI; John, Donahue, & Kentle, 1991) and the 37-item Dispositional Coping Inventory for Competitive Sport (DCICS; Hurst, Thompson, Visek, & Gaudreau, 2011).

Results

Hierarchical multiple regressions were conducted for each coping subscale. At step one demographic variables were entered, at step two the Big-Five personality traits were added, and at step 3 two-way interaction effects were included. For task-oriented coping, the inclusion of a two-way interaction effect ($R^2_{adj} = .255$) showed a significant effect for the interaction between extraversion and neuroticism ($\beta = -.19$, $P < .001$), alongside neuroticism and openness ($\beta = .15$, $P < .01$). For distraction coping, the inclusion of a two-way interaction showed a significant interaction ($R^2_{adj} = .380$) for agreeableness and conscientiousness ($\beta = .20$, $P < .001$). Finally, for disengagement coping a significant two-way interaction effect ($R^2_{adj} = .403$) was found for extraversion and neuroticism ($\beta = -.10$, $P < .05$).

Discussion

Findings revealed that athletes who were low neurotic in conjunction with high extraversion and openness were more likely to report task-oriented coping. Distraction-oriented coping was preferred by athletes low in both conscientiousness and agreeableness traits. Finally, low extraversion and high neuroticism was associated with greater use of disengagement-oriented coping. The current findings reinforce the need to investigate the interactive effects of personality dimensions upon sport-related coping. Doing so would assist applied practitioners to maximise the potential of coping-related interventions by targeting particular personality profiles.

References

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